

SAN DIEGO

# FFSC News

## The Fleet & Family Support Center

A Newsletter for Military Families,  
Single Sailors, Reservists,  
and Retirees.

April 2006 / May 2006

### FFSC Locations

Naval Base San Diego • 619/556-7404

Naval Base Coronado • 619/545-6071

Naval Base Point Loma • 619/553-8306

Workshop schedule and more available at  
[www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

### Hours of Operation

Monday through Friday

7:30am to 4:30pm

Our Naval Base San Diego site  
stays open until 7 pm on Mondays  
to provide more flexible hours  
to our valued customers.

### National Events

#### April Events

**APR Child Abuse Prevention Month**

**APR Month of the Military Child**

2 Daylight Savings Time Begins

14 Good Friday

16 Easter Sunday

22 Earth Day

#### May Events

**MAY National Military Appreciation Month**

**MAY Asian Pacific American Heritage Month**

5 Cinco de Mayo

14 Mother's Day

20 Armed Forces Day

29 Memorial Day (Observed)

### Calendar

#### APR 2006

S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

#### MAY 2006

S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Month Of The Military Child

April is the Month of the Military Child. We often forget the impact of Military life has on children. From deployments to PCS to long work hours, children serve too. There are several ways to ensure your child is able to serve with the rest of the family. First, talk to your child's teachers. Make sure they know when a parent is leaving and returning. These times of change are especially difficult on children. Watch for any signs that school performance is falling off, again talk to your children's teachers before they need to talk to you.

Plan for the deployments and time away from your children. Here are some fun activities, suggested by Dads at a Distance, that can be used by Navy parents to stay connected to family.

1) Go to the mall and have a photo of yourself put on a pillowcase and then send it to your child. If you have a favorite cologne or perfume, put a little bit of it on the pillowcase to remind your child of you.

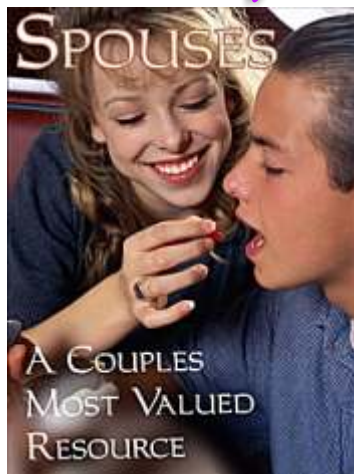
2) Purchase or make stickers of your child's name and stick them over the names of a character in one of their favorite books. You could also get a picture of your child's face and place it over the character's face.

3) Make a video and/or audio tape of you reading a bedtime story. Send the tape to your child along with a copy of the book.

4) Send a package containing everything your child will need when they get sick. For example, you could send a can of chicken noodle soup, a special blanket or pillowcase, crossword puzzles, a favorite treat, or a stuffed animal. Try to include a tape of yourself wishing them a speedy recovery.

5) Before you leave home next time, hide "treasures" around the house (notes of appreciation, candy, toys, tapes of you reading a story or talking to your child). Draw a treasure map of where you have hidden these things. Mail it to your child while you are away. Call occasionally and give them hints about where the gifts are hidden.

## Military Spouse Appreciation



The Fleet & Family Support Center has a wide-range of workshops and services for military spouses & couples.

**Military Spouse 101**  
**Deployed Spouse Support Group**  
**Spouse Employment Assistance Program**  
**Couples Communication**  
**Couples Conflict Resolution**  
**Engaged & Married Couples Workshop (PREP)**

Contact your closest FFSC for a schedule of classes or to set up an appointment with one of our program counselors. Visit [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc) for more information on FFSC programs and services.

## What Did They Say?

"Great presentation, stimulating, informative. The reality of homecoming is important to pass on. Wish it could be offered at mid-way point."

-- Single Sailor, Return & Reunion

"Good brief that hit on a lot of questions that were bothering me. Presenter was very knowledgeable and gave a great presentation."

-- Active Duty, concerning Return & Reunion

"I felt the Joint Ombudsman Assembly was very worthwhile. I enjoyed it and I'm looking forward to ongoing assemblies. As a Navy Wife, I feel much more confident as to who and what my resources are."

-- Spouse of Active Duty

## Question of the Month

### Question:

My spouse has deployed and I need someone to talk to . . . what can I do?

### Answer:

In addition to individual counseling, FFSC provides a variety of workshops that will help you cope with problems that may arise during your spouse's absence. However, when you need that little extra attention, FFSC offers a Deployed Spouse Support Group. Call 619/556-7404 or 545-6071 for dates, times, and location.

If you would like to find out more about our workshops or more about individual counseling, please call 619/556-7404.

Visit our website at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc) for a detailed list of our classes and workshops.



This bi-monthly publication of FFSC San Diego is produced for military members and their families to enhance their quality of life by providing free services, workshops, and classes. Class schedules are subject to change. Call to confirm listed information prior to arrival.

FFSC Director / Contract Manager  
Carl E. Weiscope

Marketing / Graphics Supervisor  
Tina Stillions

Graphic Designer  
Clint Steed

All comments and inquiries concerning this newsletter should be directed to:

Attn: Marketing/Graphics Supervisor  
Fleet & Family Support Center • San Diego  
3005 Corbina Alley, Suite 1  
San Diego, CA 92136-5190  
or email to [tina.stillions\\_ctr@navy.mil](mailto:tina.stillions_ctr@navy.mil)

# Family Employment Readiness Program

Losing a good job in order to relocate with a military spouse can be extremely frustrating. Every few years having to change jobs, maybe even professions. FFSC is here to help your résumé transition, too!

FFSC San Diego has an extensive Family Employment Readiness Program designed especially for military families. It's hard to piece together multiple work experiences into a competitive résumé ready for the battles in the all too familiar rat race.

If you're new to the job hunt, register for one of our many informative workshops including Skills and Self-assessment, Résumé Writing, Finding Federal Employment, and Winning Interview Techniques. This will help you get started in the right direction. Of course, anyone is welcome to attend these workshops.

If you would like personal attention, call for an appointment with a FFSC Employment Specialist. This person can give you specific information tailored to your situation.

If you're scheduled to leave San Diego, did you know you can begin your job search now? Use our Internet access to look for job opportunities throughout the world! Wouldn't it be nice to have a job waiting for you when you arrive at your next duty station?

All of these services are free for you and your spouse to use, so use them! We're here Monday through Friday from 7:30am to 4:30pm. If you have questions about the Family Employment Readiness Program, call one of the three FFSC San Diego locations - NB San Diego at 619/556-7404, NB Coronado at 619/545-6071, or NB Point Loma at 619/553-8306. Visit our website at [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

## Ten Ways to Help Prevent Child Abuse

### ✓ Be a nurturing parent.

*Children need to know that they are special, loved and capable of following their dreams.*

### ✓ Help a friend, neighbor or relative.

*Being a parent isn't easy. Offer a helping hand to take care of the children, so the parent(s) can rest or spend time together.*

### ✓ Help yourself.

*When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.*

### ✓ If your baby cries...

*It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.*

### ✓ Get involved.

*Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.*

### ✓ Help to develop parenting resources at your local library.

### ✓ Promote programs in school.

*Teaching children, parents and teachers prevention strategies can help to keep children safe.*

### ✓ Monitor your child's television and video viewing.

*Watching violent films and TV programs can harm young children.*

### ✓ Volunteer at a local child abuse prevention program.

*For information about volunteer opportunities, call 1.800.CHILDREN.*

### ✓ Report suspected abuse or neglect.

*If you have reason to believe a child has been or may be harmed, call your local police department or 911. You could just save a child's life.*

# Relocating With a Special Needs Child...

Active-duty Military who have family members with special needs face many unique challenges when making a Permanent Change of Station (PCS) move. When it comes to the needs of children, parents are the best advocates. Special needs children who have proactive parents will benefit greatly from the many programs and resources available, both within the military and the community.

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that identifies long-term medical conditions, which include physical, emotional, and/or special educational needs of military families; gifted children are also EFM. OPNAVINST 1754.2A requires all service members to enroll their family member(s) as soon as a special need arises and to update their file at least nine months prior to their Projected Rotation Date (PRD). This provides your detailer with enough time to work your assignment and to take into consideration the Navy and your family needs.

After you receive your orders contact the EFMP Coordinator for your command to help with housing, hospitals, schools, and other necessary resources. However, the amount of contact and involvement the EFMP Coordinator has with a special needs family depends largely on the family enrollment in the program and the number of children involved. In other words, special needs families should not rely solely on the EFM Program for resources.

If you need additional information, contact your Fleet & Family Support Center at NB San Diego at 619/556-7404, NB Coronado at 619/545-6071, or NB Point Loma at 619/553-8306. Or visit the FFSC website at [www.cnsw.navy.mil/fsc](http://www.cnsw.navy.mil/fsc)

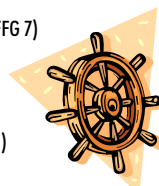
Word Search: \_\_\_\_\_

## US Navy ... A Class Act!

E N D N C S E L E G N A  
K Y R R E P S A L L E D  
R B A O P W I S L A N D  
U O Z N O B P E M H T I  
B B A N H O S O E A E K  
H W H I D B E Y R Z R E  
G R R T S O A A C T P N  
I I E S R W W A Y I R O  
E G V U N A O O A M I L  
L H I A H S L I H I S C  
R T L O S P F H O N E Y  
A G O R E D N O C I T C

Find and circle the underlined words:

- ☐ USS ARLEIGH BURKE (DDG 51)
- ☐ USS AUSTIN (LPD 4)
- ☐ USS BOB HOPE (T-AKR 300)
- ☐ USS BOBO (T-AK 3008)
- ☐ USS CYCLONE (PC 1)
- ☐ USS ENTERPRISE (CVN 65)
- ☐ USS KIDD (DDG 993)
- ☐ USS LA SALLE (AGF 3)
- ☐ USS LOS ANGELES (SSN 688)
- ☐ USS MERCY (T-AH 19)
- ☐ USS NEWPORT (LST 1179)
- ☐ USS OHIO (SSBN 726)
- ☐ USS OLIVER HAZARD PERRY (FFG 7)
- ☐ USS SEAWOLF (SSN 21)
- ☐ USS TARAWA (LHA 1)
- ☐ USS TICONDEROGA (CG 47)
- ☐ USS WASP (LHD 1)
- ☐ USS WHIDBEY ISLAND (LSD 41)
- ☐ USS WRIGHT (T-AVB 3)



Word Scramble: — ○○○○○○○○○○○○○○○○○

The first ship that was commissioned by General George Washington was a \_\_\_\_\_ named the \_\_\_\_\_, and may therefore be considered the first national American warship. Unscramble the remaining 14 letters to discover the class and name of this ship.

## Good Listeners

- Look at me while I'm speaking
- Question me to clarify what I'm saying
- Show concern by asking about my feelings
- Repeat some of the things I say
- Don't rush me
- Are poised and emotionally controlled
- React responsively with a nod of the head, a smile or a frown
- Pay close attention
- Don't interrupt me
- Keep on the subject till I've finished my thoughts



## Poor Listeners

- Always interrupt
- Jump to conclusions
- Finish my sentences
- Are inattentive; have wandering eyes and poor posture
- Change the subject
- Write everything down
- Don't give any response
- Are impatient
- Fidget with a pen or pencil or paper clip nervously



Apr & May  
Focus



~Child Abuse Prevention~

~Month of the Military Child~

~Spouse Appreciation~

User ID: Navy  
Password: Sailor



## WIC Provides Important Benefits

Are you pregnant? Do you have children (including foster children) under the age of five? Are you a single parent with children under the age of five? If you answered "yes" to any of these questions, WIC may be able to help.

Women, Infants, and Children (WIC) is a supplemental nutrition program that provides you and your family with several important benefits: nutritious food that will contribute to a healthier diet, tips on how to prepare a balanced meal, nutrition and health screening, and access to other resources to lead a healthier life.

The program provides these benefits to pregnant women and breast-feeding women up to one year after they deliver their babies. Women who are not breast-feeding receive benefits for six months after delivery. WIC also provides nutritional benefits to children up to five years old.

Income and family size are considered when determining your eligibility. Monthly taxed wages are used for proof of income (Note: BAH and other allowances are not counted as income). The WIC staff also screens all participants for nutritional risks, of which there are two types: medical or diet based. Examples of medically based risks are: anemia, underweight, maternal age, history of pregnancy complications, or poor pregnancy outcomes. An inadequate diet is considered a diet risk.

Once you are a participant in the program, you will receive redeemable food coupons called "vouchers" for specified foods and quantities. These vouchers can save you anywhere from \$50 to \$125 in grocery expenses per participant, per month! Vouchers are accepted at the Commissary and most grocery stores, including Vons, Ralphs, and Albertsons.

The WIC Program is available in all 50 states and for families transferring overseas in the territories of American Samoa, Guam, Puerto Rico, and the Virgin Islands. There are clinics located throughout San Diego County, including Naval Base San Diego and Naval Base Coronado. For clinic locations, days, and times, or to schedule an appointment, call (800) 500-6411 or contact your closest FFSC.

### WIC FFSC Hours of Operation

NBSD, Fridays, 9:00 am - 3:00 pm  
NBC, Wednesdays, 9:00 am - 3:00 pm

# Free Tour!

*New to San Diego?*

*Want to Meet Other Navy Families?*

*Wondering What's Out There In Your Community?*

*Want a FREE and Convenient Way to See the Sites?*



Join the Armed Services YMCA and  
The Fleet & Family Support Center for...

**San Diego Out and About Tour &  
Welcome to San Diego Workshop**  
**FIRST WEDNESDAY OF EVERY MONTH**  
**9:00 am-3:30 pm**



## Did you know FFSC offers:

- Information and Referral
- Ombudsman Support
- Exceptional Family Member Program
- General Life Skills Education
- Clinical Counseling
- Family Advocacy Program
- Deployment Services
- Relocation Assistance Program
- Transition Assistance
- Family Employment Assistance
- Personal Financial Management
- Sexual Assault Victim Intervention

Naval Base San Diego (556-7404)

Naval Base Coronado (545-6071) • Naval Base Point Loma (553-8306)  
Command Support Programs (556-7414)

Answers to Puzzles  
on page 3:

E	N	D	N	C	S	E	L	E	G	N	A
K	Y	R	R	E	P	S	A	L	L	E	D
R	B	A	O	P	W	I	S	L	A	N	D
U	O	Z	N	O	B	P	E	M	H	T	I
B	B	A	N	H	O	S	O	E	A	E	K
H	W	H	I	D	B	E	Y	R	Z	R	E
G	R	R	T	S	O	A	A	C	T	P	N
I	I	E	S	R	W	W	A	Y	I	R	O
E	G	V	U	N	A	O	O	A	M	I	L
L	H	I	A	H	S	L	I	H	I	S	C
R	T	L	O	S	P	F	H	O	N	E	Y
A	G	O	R	E	D	N	O	C	I	T	C

**SCHOONER  
HANNAH**



**Yes! I want to receive the FFSC San Diego newsletter!**

Email me this free bi-monthly newsletter along with the monthly calendar about the services and workshops available at FFSC San Diego.

NAME and COMMAND

RANK / RATE

EMAIL ADDRESS

SPONSOR OR FAMILY MEMBER OF: ☐ ACTIVE DUTY ☐ RESERVIST ☐ RETIRED ☐ DOD

Please return this form to any FFSC location; fax it to the FFSC Marketing Department at (619) 556-7435; email it to [FFSCSanDiego@navy.mil](mailto:FFSCSanDiego@navy.mil); or subscribe online at [www.cnrs.w.navy.mil/ffsc](http://www.cnrs.w.navy.mil/ffsc). You may also mail your subscription to Fleet & Family Support Center, San Diego; 3005 Corbina Alley, Suite 1; San Diego, CA 92136-5190, Attn: Marketing Department.